

Wolf Pack WARRIOR



Vol. 20, No. 26

8th Fighter Wing, Kunsan Air Base, Republic of Korea

August 5, 2005

NEWS BRIEFS

NCORP Starts

The Air Force announced the start of the noncommissioned officer retraining program. The NCORP looks to retrain approximately 1,100 NCOs from overage to shortage Air Force Specialty Codes. Airmen are encouraged to volunteer for special duty assignments and shortage AFSCs. The voluntary phase of the program starts Monday and ends Oct. 14. A complete list of retraining-in opportunities will be available at the base military personnel flight.

Public Affairs Tour

A public affairs cultural tour is scheduled for Aug. 31 at the Jeonju Traditional Culture Center. Wolf Pack members have the chance to learn to play Korean instruments, make a traditional Korean meal and watch a classical art performance. To sign up, contact Mrs. Rosemary Song at 782-5194 or via e-mail at songae.song@kunsan.af.mil.

Fit to Fight Marathon

In support of the Fit to Fight program, Pacific Air Force officials are sponsoring four individual runners (two male and two female) for the 2005 Air Force Marathon on Sept. 17. Selected members will attend the marathon on permissive temporary duty status. Running tops, shorts and the entry fee will be provided. For more information, call Ms. Julie Fetters at DSN 448-3272.

Anthrax Shot Notification

Airmen must receive the anthrax shot, or inform the immunization clinic that they are refusing the Anthrax shot no later than August 15. Anthrax immunizations are available at the immunization clinic from 8 to 11:30 a.m. and 1 to 4:30 p.m. Monday through Thursday. Anthrax immunizations protect people from this deadly disease.

Anthrax immunizations are not mandatory under the anthrax immunization program emergency use authorization. People can change their mind about accepting or refusing anthrax immunization at any time, but they must go to the immunization clinic to inform them of their decision. The Anthrax vaccine program has been extended until Jan. 15. For any questions or more information, call 782-5261.



Photo by Staff Sgt. Raymond Mills

PUSHIN' PAIN

Maj. Thomas Cox, 8th Fighter Wing, pushes his endurance to the limit during the Kunsan Fitness Challenge Saturday. The fitness challenge gave Airmen the chance to participate in a healthy activity while teaming up with other Airmen. See Page 7 for more fitness challenge coverage.

*In this
week's
issue ...*



**Fuzzy shoes busted
at base dining facility**

See Page 2



**Broken fan alerts
base fire department**

See Page 3









**Postal workers get mes-
sages to the 'Pack'**

See Page 8

Wolf Weather

6-day Forecast

Saturday  Hi/Low 88/74 Mostly Sunny	Sunday  Hi/Low 89/75 Morning clouds	Monday  Hi/Low 87/75 Cloudy
Tuesday  Hi/Low 88/75 Thunderstorms	Wednesday  Hi/Low 87/75 Thunderstorms	Thursday  Hi/Low 87/75 Scattered T-Storms

Pink-fuzzy shoes not allowed!

By Staff Sgt. Erien Clark-Chasse
8th Fighter Wing public affairs

So here I was, only four days into my tour at Kunsan wearing my pink fuzzy sandals in the dining facility when an Airman pointed out to me that, although my awesome pink fuzzy sandals are not shower shoes exactly, they were not permitted in the dining facility.

I apologized and clarified the rule swearing not to wear them in there again and thanked her with a smile.

When I sat down to eat, one of my fellow diners commented that I



“handled” the situation well. At my “lost” look my friend clarified his comment by saying that most people don’t take correction well.

After mulling this event over in my mind for a couple days, it occurred to me that companion was right. Most people do not handle being corrected, change or sometimes even being questioned, well.

Hmmm... these are all aspects of “followership.” I guess I find it funny that I “handled” something well that should be second nature to me.

I put this thought away and pressed ahead with life here at Kunsan. About two more weeks passed when I was stopped again for incorrect wear of a backpack.

This event went completely different. The person doing the correcting, took a very confrontational attitude, almost to the point of belittling me.

I politely informed the gentleman that I would endeavor to correct the situation as soon as I could because spot correcting was not an option in that situation.

When I got to work, one of my coworkers told me I looked upset. After sharing my story, he looked in the dress and appearance regulation what I was corrected for. Much to my shock, I was not in the wrong. However, to

avoid such a situation again, I still went out of my way and spent some of my money to buy a new backpack.

In fact, the entire experience haunted me a bit because I have seen this person a few times since he corrected me, and now I try and do my best to stay as far away from him as I can. Not because he corrected me but because of how he corrected me.

Now, I had to ask myself if he was wrong in correcting me, and the only answer I can come up with is no. He had every right to correct me just as the Airman in the dining facility did because he thought I was wrong.

What did I learn from these encounters? Well, three big things.
□ Treating everyone regardless of their rank, as a professional even when correcting them or being corrected gets the job done and done well.

□ If you are corrected on something, make the spot correction and later look it up in the correct Air Force instruction so you know the wording of the regulation (not to prove a point). After all, it is everyone’s responsibility to know the rules.

□ No one is perfect. Someone who one day points out a minor slip up could the next day be in violation of a regulation. So remember we are all human and make mistakes.

I hope my story makes people think for a moment about how they correct people who are out of regulation or how they react to being corrected. When it comes to maintaining the standards for our Air Force, we all have a role to play. Professional attitude is an important part of that role.

So, though I will not be wearing my pink fuzzy sandals to the dining facility, watch out Kunsan, because I plan to wear them every other place I can.

ACTION LINE 782-2004

action.line@kunsan.af.mil



Col. Brian Bishop
Commander, 8th Fighter Wing

The Action Line is your direct line to me. Use it if you have concerns or suggestions about the Wolf Pack that can't be resolved through the agency involved or your chain of command. When you call, please leave your name, a phone number and a brief description of your problem or concern. You can also send an e-mail to 8 FW/CC Action Line.

AAFES Customer Service.....	782-4426
Area Defense Council.....	782-4848
Base Exchange.....	782-4520
Chapel.....	782-4300
CES Customer Service.....	782-5318
Commissary manager.....	782-4144
Civ. Personnel Office.....	782-4570
Education Office.....	782-5148
Dining Hall.....	782-5160
Fitness Center.....	782-4026
Golf Course.....	782-5435
Housing Office.....	782-4088
Inspector General.....	782-4850
IDEA Office.....	782-4020
Law Enforcement Desk.....	782-4944
Legal Assistance.....	782-4283
Military Equal Opportunity.....	782-4055
Military Pay.....	782-5574
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LISTEN

To your leadership
EACH FRIDAY FROM 8 TO 9 A.M., ON 88.5 FM

Have an interesting story, special hobby or unique job? Tell the Wolf Pack Warrior all about it. Submit story ideas to WolfPack@kunsan.af.mil or call public affairs at 782-4705

What do you do when no one is watching?

Commentary by Special Agent Jason Engholm
Air Force Office of Special Investigations

SOUTHWEST ASIA — When you think of the expectations you have for your organization, superiors, peers and subordinates, what comes to mind? What core belief, beyond any other, are you adamant on to the last stand?

Of course, many of us would be able to rattle off the Air Force core values without a thought or extra breath.

However, maybe there is something even deeper, yet more simplistic, than those three bold statements. Something like, “Do the right thing, even when no one is watching.”

Several years ago while working at an office in Europe, I heard a new Air Force Office of Special Investigations region commander explain his expectations for OSI agents in Europe. During his speech, he methodically returned to his basic standpoint of above all else, “Do the right thing.”

No matter if it was during a witness interview, while conducting threat assessments in Latvia or performing background investigation checks in Germany, he always said, “Do the right thing.” I, along with many others who heard that commander speak, took that bit of professional and personal advice to heart.

So, how do you follow this code and make the right

choices and actions? Is there a magic formula or an instruction that outlines how a person should make decisions and act? We must depend on our training, personal integrity and commitment to each other.

To abide by this expectation, we have to remain true to our training and cannot cut corners, bend the rules or stretch the truth. For example, at a recent meeting, I witnessed a foreign national counterpart decline alcohol refreshments because his commander issued an order that prohibited his nation’s personnel from consuming alcohol while in theater. Staying true to the rules of our profession, we must insist on the integrity to take the path of the challenging right over the simple wrong. For instance, when we are performing duty within the restricted area on the flightline and observe someone who may be unauthorized, we must put forth the extra effort to challenge the individual rather than letting the next technician confront them.

The last portion of this expectation is to have the yearning and commitment to watch out for each other.

“Do the right thing.” It is a simple approach to life that is the critical core to a strong ethical code. By living by this philosophy, we remain faithful to our vocation, ourselves and each other.

Vol. 20, No. 26
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‘Defend the base, accept follow-on forces, take the fight North’

EDITORIAL STAFF

Col. Brian Bishop	Commander, 8th Fighter Wing
Capt. Richard Komurek	Chief, public affairs
Master Sgt. Brian Orban	Superintendent, public affairs
Staff Sgt. Erien Clark-Chasse	Chief, internal information
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SUBMISSION POLICY: Deadline for submissions to the Wolf Pack Warrior is noon Thursdays for the next week’s edition. Submission does not guarantee publication. The staff reserves the right to edit all submissions to conform to Air Force journalism standards, local style and available publication space. Submissions should be e-mailed to WolfPack@kunsan.af.mil and include the author’s name, rank and duty phone. Fax and typewritten submissions are also accepted.

HOW TO REACH US: People with questions, comments, suggestions or submissions can contact the public affairs office at: 8th FW/PA, PSC 2, Box 2090, APO AP 96264-2090. We can also be reached by phone at 782-4705, by e-mail at 8FW/PA, WolfPack@kunsan.af.mil, or by fax at 782-7568.

Long-term care insurance small price to pay

Courtesy Air Force Personnel Center

RANDOLPH AIR FORCE BASE, Texas — Active-duty Airmen, some reservists, appropriated-fund civilian employees, retirees and qualified family members can still apply for the Federal Long-Term Care Insurance Program.

The program can help federal employees defray the costs of in-home care, nursing-home care, or assisted-living facilities for people no longer able to perform normal daily activities because of chronic health conditions.

“Long-term care insurance isn’t just for old age — nearly 40 percent of people needing long-term care are under age 65,” said Janet Thomas, human resources specialist at the Air Force Personnel Center here.

“Health insurance will cover hospitalization and medical care, but not necessarily long-term care. The Federal Long-Term Care Insurance Program provides protection from the potentially high cost of long-term care.”

The program is sponsored by the Office of Personnel Management and provides affordable group premiums and comprehensive benefits. It is the largest program in the nation, Ms. Thomas said.

The plans available are:

- ♦ Facilities-Only Plan: This covers all levels of nursing home, assisted living facility and inpatient hospice care.

- ♦ Comprehensive Plan: This covers everything the facilities-only plan covers, plus care provided at home by a nurse, home health aide,

therapist, informal caregiver or other authorized provider. Costs of adult day care centers and home hospices are covered as well.

Those eligible for the program include:

- ♦ Federal employees and annuitants.
- ♦ Separated federal employees with title to a deferred annuity.
- ♦ Active and retired servicemembers.
- ♦ Active members of the Selected Reserve.
- ♦ Retired “grey” reservists even if they are not receiving retirement pay.
- ♦ Compensationers receiving compensation from the Department of Labor.
- ♦ The current spouse of an eligible person.

- ♦ Adult children of living eligible people.

- ♦ Parents, parents-in-law and stepparents of living eligible people.
- ♦ Surviving spouses receiving a survivor annuity.

Premiums are based on an applicant’s age, so the sooner people apply, the smaller premium they will pay, Ms. Thomas said. Once enrolled, coverage will not be canceled as long as premiums are paid on time, and coverage cannot be canceled because of age or a change in health.

For more information, people can call (800) 582-3337 or TTY (800) 843-3557. Representatives are available weekdays from 8 a.m. to 7 p.m. EDT. People can also go to the program’s Web site online at www.ltcfeds.com.

Crime Watch

Contributed by 8th Security Forces Squadron

July 26

Suspicious package

An Airman called the 8th Security Forces Squadron to report seeing a suspicious package outside of Bldg. 301. Response teams from 8th SFS, explosive ordinance and bioenvironmental engineering were dispatched. EOD located the package and destroyed it, upon which they discovered was an empty box. The scene was later declared safe.

July 27

Something smells bad

An Airman contacted the 8th Security Forces Squadron Control Center to notify them of a possible gas leak inside of a Delta-II gate shack. The Airman said there was a foul odor coming from the building. The fire department was dispatched. Further investigation revealed the building’s air condition was leaking Freon, which omitted the strong odor. The area was determined safe and the air conditioner was scheduled for repair.

July 28

Bye bye bike

An Airman called law enforcement desk to report his bike was stolen from Bldg. 1418. The Airman said it was a blue and yellow Glacier bike with an 18 inch frame and 24 inch wheels. He said the bike was worth \$150. Security forces Airmen responded to the scene and found no evidence of foul play. A report was filed and the incident remains still under investigation.

July 31

Hot night on the second floor

Fire department officials were notified of a fire alarm activation at Bldg. 1431. Fire department and 8th SFS Airmen responded to the scene. Investigation revealed a building resident was cooking in the second floor kitchen when the stove fan malfunctioned. The Airman stopped cooking and the issue was resolved.

Aug. 1

Open door policy

Security forces was notified that Bldg. 1115, the base commissary, had an unsecured pedestrian door which was supposed to be locked and shut at closing. 8th SFS Airmen conducted an exterior check of the facility with negative results. The building was deemed secure and the incident was terminated.

Hometown News

Doing something outstanding at work?

Let newspapers back home know.

Go to the Kunsan at www.kunsan.af.mil and fill out a hometown news release.

PRIDE OF THE PACK

Unit: 8th Medical Operations Squadron
Duties: Aerospace medical service
Hometown: Miami
Follow-on: Still awaiting assignment
Hobbies: Working out and playing sports
Favorite music: “I think all music is good music.”
Last good movie: ‘Spanglish’
Best thing you’ve done here: “Although I haven’t gone yet, but I’m hoping it’s going to be my upcoming trip to China.”



Senior Airman Melanie Suarez Solis

“Airman Suarez Solis has been a driving force throughout the wing and community from the moment of her arrival to Kunsan in November 2004. She serves as the 8th Medical Group security manager and ensures all security status and line badge applications are spot on target. This allows for a one-stop pickup point for all line badge recipients and provides the medical group with prepared individuals.

“Airman Suarez Solis has led the 8th MDG in preparation for the operational readiness inspection, and her efforts greatly enhanced the rating for the entire Wolf Pack. Her strive for excellence has meant no days off since her arrival to include volunteering weekends to prepare 144 medics on war ready training. She authored the first-ever medical readiness training orientation day that included getting critical information to 126 personnel in preparation for the ORI on how to survive to operate in a combat zone.

“Her contributions to the Wolf Pack were recently validated during the 2005 ORI. Her sergeant potential was instrumental in the 8th MDG. Airman Suarez Solis was awarded the 8th MDG’s highest honor, the ‘top dawg’ award, for her complete renovation of the readiness office. She separated the readiness office from the medical control center, which created more workable space and increased security procedures

“Airman Suarez Solis is the ever-ready volunteer and sets the example for others to follow. She helped plan a luau fundraiser which made more than \$500 for the morale of the 8th MDG. Airman Suarez Solis is also diligently working on a Community College of the Air Force degree as well as being enrolled at the University of Maryland for her bachelor’s degree. She was the 8th Medical Operations Squadron Airman of the quarter. Airman Suarez Solis has definitely made a big impression on the 8th Fighter Wing. Airman Suarez Solis is deserving of the Pride of the Pack award.”

—Lt. Col. Jane Hendricks
 8th Medical Operations Squadron commander

Water sports provide fun for all when playing safely

Wolf Pack members can be safe, still enjoy water activities during summer months

Courtesy of 8th Fighter Wing Safety

The hot month of August swimming and other water sports begin to rise in popularity. However, as cool and refreshing as it is, water can be a source of accidents and even death. Drowning claims more than 4,000 lives every year and is the fourth leading cause of accidental death in the United States. Here are basic safety tips for some water sports that can help everyone to be safe while they enjoy the water.

Swimming and diving safety:

- ♦Learn to swim and teach children at an early age.
- ♦Poor swimmers should use properly fitting life jackets, as opposed to inner tubes or other inflatable objects, for protection.
- ♦Swim in supervised areas only.
- ♦Know swimming limits and stay within them. Don't try to keep up with a stronger, skilled swimmer or encourage others to keep up.
- ♦Never swim alone.
- ♦Alcohol and swimming don't mix. Alcohol impairs judgment, balance, and coordination, especially in water. Alcohol can also reduce body temperature.

Bush praises Congress for providing War on Terror funds

By Rudi Williams
American Forces Press Service

WASHINGTON— Earlier this year, President Bush asked Congress to pass critical legislation to give U.S. troops the resources they need to fight and win the war on terror. That was one of the key victories accomplished during the congressional session that broke for summer recess this week, the president said during his weekly radio address this recently.

Bush signed into law on May 11 legislation that provides \$82 billion in supplemental funding, most of it to help cover the cost of operations in Iraq and Afghanistan.

The measure provides \$75.9 billion for the Defense Department, including funds for Operations Enduring Freedom and Iraqi Freedom. Also included are additional protections for deployed troops and new benefits for wounded servicemembers and families of those killed in the war.

The Senate passed House Resolution 1268 in May and sent it to the president for signature.

Bush also praised the House for renewing key provisions of the Patriot Act that were set to expire at the end of this year and called on the Senate to do the same.

As the United States works to protect its people, it is also making strides in bringing freedom and democracy around the world, he said.

“We're ... spreading freedom, because free countries are peaceful,” Bush said.

“And we're staying on the offensive against the terrorists, fighting them abroad so we do not have to face them here at home.”

- ♦Before diving, know how deep the water is. Enter feet first if unsure about the depth of water.
- ♦When diving, the arms should be extended overhead with the hands together to protect the head.
- ♦Areas with swift currents or large waves should be avoided.
- ♦All posted swimming rules should be obeyed.

Tube and raft safety:

- ♦Learn to swim.
- ♦Always wear a Coast Guard approved life jacket.
- ♦Do not overload the raft.
- ♦Know local weather conditions and do not go rafting after a heavy rain.
- ♦When rafting with a tour company, make sure the guides are qualified.

Snorkeling safety

- ♦Practice in shallow water.
- ♦Check the equipment carefully and know how it functions.
- ♦Learn how to clear water from the snorkel and how to put your mask back on when treading water.
- ♦Be careful not to swim or be carried by a current too far from shore or the boat.

- ♦Never snorkel alone.


Sailboard and windsurf safety:

- ♦Always wear a Coast Guard approved life jacket
- ♦Wear a wet suit in cold water to prevent hypothermia.
- ♦Leash all boards.
- ♦Take windsurfing lessons from a qualified instructor.

Scuba diving safety:

- ♦ Only persons who have been trained and certified should scuba dive. There are numerous local dive shops which offer instruction and certification.
- ♦ Before diving, always check the water conditions and be prepared to cancel the dive upon arrival at the dive site if the conditions are hazardous.
- ♦ Be careful of the 3 R's (rocks, rip tides and reefs)
- ♦ Never dive alone or after consuming alcohol.

If followed properly, these simple tips could probably prevent most water accidents, injuries and deaths. So dive in and safely enjoy the waters.



WHO'S YOUR WINGMAN?

A³ works each Friday and Saturday night to ensure Wolf Pack members get home safely. Every servicemember is discouraged from going off base without a wingman. Someone must have your back at all times. But if a Wolf Pack member finds themselves without a wingman, Airmen Assisting Airmen will be there. If you need a wingman, call 782-PACK.


Cultural Corner

Did you know?

The word bulgogi is commonly translated as Korean barbecue, though it literally means “fire meat”. Beef is most often identified with bulgogi, but even pork, chicken, lamb, squid and octopus, for example, can be cooked bulgogi style. For the most common beef bulgogi, thin slices of meat, usually tenderloin, are marinated in a sauce made of soy sauce, sesame oil, minced garlic, sesame seeds and other seasonings, and then cooked over a charcoal grill.

The grilled beef slices can be eaten as they are or wrapped in lettuce along with slices of fresh garlic and green pepper and a dab of soybean paste, red pepper paste, or a mixture of the two, all of which are rich in vitamins, minerals and cancer-fighting substances.

Information courtesy of the Korean Overseas Information Service.



DORM STYLE

*A study in serene understatement
makes a room a home in Korea*

By Staff Sgt. Erien Clark-Chasse
8th Fighter Wing public affairs

Soothing and clean lines are the staples behind the recent find of a hidey-hole dormitory room.

This place of rejuvenation belongs to Tech. Sgt. Shon Barnwell, 8th Mission Support Squadron, who achieved her goal for her home away from home.

"I wanted a place to go when I left work that let me recharge myself and find some peace," said Sgt. Barnwell.

Prior to leaving her home at Moody Air Force Base in Valdosta, Ga., Sgt. Barnwell thought about what she wanted her room to look like and found a bed set that fit those needs.

"When I saw this bedspread, it had the pattern I liked with colors I liked," said Sgt. Barnwell of her contemporary-cottage bedspread. The rest of the room is built around it.

Ever conscious of her packing limit and coming into the situation not knowing exactly what her room would be like; She proceeded to find some complementing accent pieces to furnish her room with.

"I found some picture frames and a lamp that helped pull my ideas together," she said.

Armed with that idea and just those couple of complementing pieces, she headed to Korea. When she got here, she discovered her work had just begun.

"The first thing I did when I got here was to remove some wallpaper and paint," she said.

"I went to self-help and got two and half gallons of paint from them before I got to work painting everything not glued, screwed or nailed down."

She did this to create both a uniform base color and to update the walls to a slightly warmer neutral shade.

"I wanted to start with a fresh feeling and leave this room in better shape than when I found it," she said.

Some parts of dormitory life can't be changed or remodeled and Sgt. Barnwell discovered this through her "problem wall" which had wallpaper from top to bottom and would have cost too much time and elbow grease to remove.

Her solution: She found two queen-sized sheets in the same nut color as her bedspread base color and hung them like curtains giving her room a softer feel and a good place to design around.

"I figured they looked nice and when I leave Korea I can still use them as flat sheets because I like their color," she said. Sgt. Barnwell also suggested she might leave them for the next



Photos by Senior Airman Joshua Garcia

This place of rejuvenation belongs to Tech. Sgt. Shon Barnwell, 8th Mission Support Squadron, who achieved her goal for her home away from home.

person who lives in her room.

This was not the only decorating deception she resorted to.

She also found a creative way to cover her dining chairs and her window treatment is something else all together.

"The chairs I got when I moved in had signs of wear and stains from prior use, so I decided to cover them with two pillow cases to give the look of slip covers," said Sgt. Barnwell.

The window was another matter all together.

"When I moved in, my suitemates already had the bathroom decorated, but I brought a decorative shower curtain with me so I decided to use it to treat my window."

One of the most interesting talking pieces found in this room is also near the window.

When asked about the set Sgt. Barnwell gives a laugh and explains her set of mini toy cars has been with her for a while and she has brought them all over the world.

"Besides, I like cars," she said.

Currently, there are few plans to change or upgrade the room with a small exception of some wall art.

"I thought I might get an Asian fan for above the bed to symbolize my trip into this part of the world," said Sgt. Barnwell.

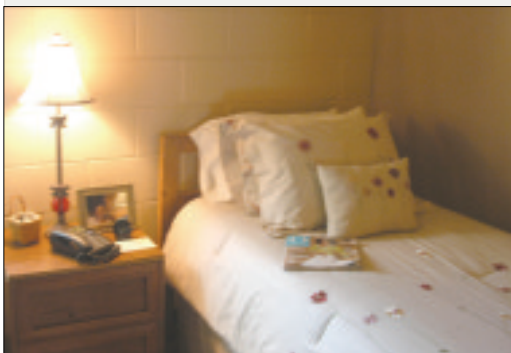


The red flowers in combination with the accent towels really catch the light in Sgt. Barnwell's sink area.

Editor's note: This is part one in an ongoing series highlighting unique and interesting dormitory rooms in the base paper. To nominate a room email to WolfPack@kunsan.af.mil.



Sgt. Barnwell explained her set of mini toy cars have been with her for a while, and she brought them with her all over the world.



The rest of the room is built around this bedspread.



Tech Sgt. Barnwell's favorite part of her room is this small space at the end of her bed. This is where she retreats to watch TV and get caught up on her reading.

Insider secrets

Best Buy: Her bamboo placemats from the 1,000 Won store in Kunsan City

Decorating tip: "Go with your style, use your own vibe."

Do different: "I would buy more greenery to bring more outdoors in"

Hardest part: The cutting in, or getting the paint evenly coated between the cinderblocks

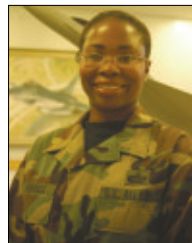
Changes: More art

Dormitory improvements: Some overhead lighting and ceiling fans

Her normal style: Warm minimalism accented by natural woods and flowers

Favorite part of her room: The small space at the end of her bed is where she retreats to watch TV and get caught up on her reading.

Say what? When her eight-year-old daughter, Aliyah, looked at photos of her mother's room, she told her dad, "I think Mommy brought this stuff with her."



Tech. Sgt. Barnwell

TODAY

Financial seminar — The Family Support Center’s weekly personal financial management briefing starts at 3 p.m. at Bldg. 755, room 215. It’s geared for those in the E-1 to E-4 pay grades. No registration required.

Karaoke night — The Falcon Community Center’s karaoke night runs from 8 p.m. to 2 p.m.

Club events — The Loring Club’s super social hour starts at 6 p.m.

SATURDAY

Paint ball — There is paint ball starting at 10 a.m. at Wolf Pack Park.

Pilates classes — The base fitness center’s pilates class starts at 10 a.m.

Game tournament — The Falcon Community Center’s Halo 2 tournament begins at 7 p.m.

Karaoke night — The Falcon Community Center’s karaoke night runs from 8 p.m. to 2 a.m.

Late nighter — The Loring Club features its late nighter event in the ballroom and lounge.

SUNDAY

Bingo day — Bingo action starts at 2 p.m. at the Loring Club with the early bird game beginning at 1:45 p.m.

Sunday brunch — The Loring Club serves Sunday brunch from 10:30 a.m. to 1 p.m.

Dollar days — People can bowl for \$1 per game with 75-cent shoe rental at the Yellow Sea Bowling Center.

Dart tournament — The Falcon Community Center’s cricket dart tournament starts at 3 p.m.

MONDAY

Pizza special — The Loring Club serves 50-cent pizza slices from 6 to 8 p.m.

Yellow Sea Bowling Center — Bowl for 50 cents per game with 50-cent shoe rental from 11 a.m. to 11 p.m.

Movie madness — The Falcon Community Center’s triple movie madness night starts at 7 p.m.

Pool tourney — The Loring Club’s nine ball pool tournament starts at 7 p.m.

Spin classes — The base fitness center’s spin class starts at 4 p.m.

TUESDAY

X-Box games — The Falcon Community Center’s Gotham racing starts at 7 p.m.

Magaritaville — The Loring Club hosts Magaritaville on the patio starting at 7 p.m. and features drink specials, cheeseburgers and Jimmy Buffet music.

Yellow Sea Bowling Center — Ladies bowl for free starting at 6:30 p.m.

Spin classes — The base fitness center’s spin class starts at 5:30 a.m.

Spin classes — The base fitness center’s spin class starts at 4 p.m.

WEDNESDAY

Social time — The Loring Club’s super social hour begins at 6 p.m.

Reunion briefing — The Family Support Center’s return and reunion briefing starts at 3 p.m. in the Health and Wellness Center classroom at the Wolf Pack Fitness Center.

This mandatory briefing addresses challenges of challenges facing single and married military members preparing to return to their families.

Yellow Sea Bowling Center — Bowl for 75 cents per game.

Karaoke night — The Falcon Community Center’s karaoke night runs from 8 p.m. to midnight.

Pilates classes — The base fitness center’s pilates class starts at 5:30 p.m.

Spin classes — The base fitness center’s spin class starts at 5:30 a.m.

Spin classes — The base fitness center’s spin class starts at 4 p.m.

THURSDAY

Open mic — The Falcon Community Center’s open mic night begins at 7 p.m.

Chicken Monterrey — The Loring Club serves chicken Monterrey from 5:30 to 8:30 p.m.

Orphanage visit — The Family Support Center’s weekly Korean orphanage outing leaves the military personnel flight parking lot at 6:15 p.m. The weekly outings give base people a chance to interact with local Korean orphans. To register, call 782-3772 or 782-5644.

Dollar day — Bowl for \$1 per game at the Yellow Sea Bowling Center.

Language class — The Family Support Center offers a basic Korean language class from 5 to 7 p.m. in Bldg. 755, Room 215.

Spin classes — The base fitness center’s spin class starts at 5:30 a.m.

UP ‘N’ COMING

Birthday celebration — The Falcon Community Center’s ONSÉ birthday celebration is Aug. 16 at 7 p.m.

Temple visit — Visit Mt. Naejang national park and Kunsan-sa temple Aug. 14. Deadline to sign up is Aug. 11 at the Falcon Community center.

Soccer game — The fitness center’s six on six soccer games is Aug. 13 at 10 a.m.

Water ski trip — A water ski trip is planned for Aug. 13 at 7:45 a.m. and costs \$90. The deadline to sign up is Aug. 19. People planning to attend are encouraged to bring won, a dry change of clothes, snacks, water and sun block.

Magic show — The Loring Club offers a mgic show Aug. 10 through 14.

Steak house trip — The next trip to Outback Steakhouse and Wal-Mart is Aug. 28 and the deadline to sign up is Aug. 25.

To submit events for 7-Days, send an e-mail to 8 FW/PA WolfPack@kunsan.af.mil. Submissions are due by noon Thursday one week prior to publication and must include time, date and location or the event and the contact’s daytime phone number. For more information, call the base newspaper office at 782-4705.

MOVIES

“BEWITCHED”

Rating: PG-13 for language, sex and drug references

Staring: Nicole Kidman and Will Ferrell

Synopsis: When Jack meets Isabel, he becomes convinced she should play Samantha in his new television show. Isabel sees Jack as the quintessential mortal man to settle down with.

Show times: 7 and 9:30 p.m. today and Saturday

“HERBIE: FULLY LOADED”

Rating: G for all audiences

Staring: Lindsay Lohan and Justin Long

Synopsis: Maggie the new owner of old number 53, the car with a mind of it’s own, decides to put the car through its paces by becoming a NASCAR competitor.

Show times: 6 and 8:30 p.m. Sunday and 8 p.m. Tuesday

“THE ISLAND”

Rating: PG-13 for violence, action, sexuality and language

Staring: Ewan McGreggor and Scarlett Johansson

Synopsis: The resident of a contained utopian facility in the mid 21st century. Like all people living here, he hopes to be chosen to go to the Island, the only uncontaminated spot on the planet. Soon though he learns, his whole life is a lie.

Show times: 8 p.m. Wednesday and Thursday

CHAPEL SERVICES

CATHOLIC SERVICES

Daily Mass — 11:30 a.m. Monday through Thursday

Weekend Mass — 9 a.m. Sundays

Reconciliation — Monday through Friday by appointment, 4:30 p.m. Saturday, 8 a.m. Sunday

R.C.I.A. classes — 7 p.m. Wednesday, chapel conference room

PROTESTANT SERVICES

General Protestant worship — 11 a.m. Sunday

Contemporary praise and worship — 6 p.m. Sunday

Gospel service — 1 p.m. Sunday

Inspirational praise and worship service — 7:30 p.m. Friday

LATTER-DAY SAINTS SERVICES

Weekly service — 3:30 p.m. Sunday

SONLIGHT INN

The Sonlight Inn opens from 6 to 10 p.m. Sunday through Thursday, 6 p.m. to midnight Friday and 6:30 a.m. to midnight Saturday. The chapel hosts several Sunday school and Bible study groups at the Sonlight Inn. For more information, call the chapel at 782-4300.

FREE CLASSIFIEDS

Orphanage visit — The Family Support Center’s weekly Korean orphanage outing leaves the military personnel flight parking lot at 6:15 p.m.

The weekly outings give base people a chance to interact with local Korean orphans. To register, call 782-3772 or 782-5644.

American Red Cross opportunities -- The base Red Cross station has volunteer opportunities in a variety of agencies on base. For more information, call the station at 782-4601.

Chapel seeks volunteers — The base chapel needs volunteers to serve in various ministries. For more information call 782-4300.

WOLF PACK WHEELS SCHEDULE

OSAN AIR BASE SHUTTLE

Monday to Thursday – Leaves Kunsan at 7:30 a.m. and 1 p.m. Leaves Osan at noon and 6 p.m.

Friday – Leaves Kunsan at 7:30 a.m. and 3 and 6 p.m. Leaves Osan at noon and 10 p.m.

Saturday – Leaves Kunsan at 7:30 and 10 a.m. Leaves Osan at noon and 4 p.m.

Sunday – Leaves Kunsan at 7:30 a.m. and noon. Leaves Osan at noon and 5 p.m.

One-way tickets are \$12.50 for general Wolf Pack members or \$11.50 for Airman morale program members. Round trip tickets are \$25 or \$23 for Airman morale program members.

E-MART SHUTTLE

Saturday and Sunday – Leaves Kunsan at 10 a.m., noon and 2, 4 and 6 p.m. and leaves the E-Mart at 11 a.m. and 1, 3, 5 and 6:30 p.m. Round trip tickets are \$3.

INCHEON INTERNATIONAL AIRPORT SHUTTLE

Monday and Tuesday and Thursday to Saturday – Leaves Kunsan at 4 a.m. and 6 p.m. and leaves Incheon at 9 a.m. and 11 p.m. from Gate 11 at the airport. One-way tickets are \$27.50 or \$25 for Airman morale program members.

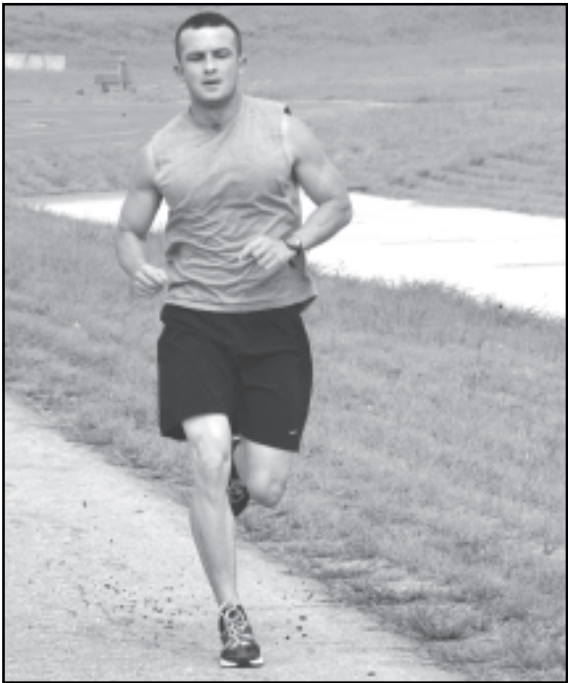
Airmen take on fitness challenge

Wolf Pack members prove they're 'fit to fight'



Photos by Staff Sgt. Raymond Mills

Senior Airman John Basilio, 8th Fighter Wing command post, tries for the maximum amount of push-ups during the fitness challenge Saturday.



Capt. George Torres, 8th Fighter Wing, makes his way down the flightline to finish his mile and a half run during the fitness challenge Saturday.



Staff Sgt. Amanda Witt, 8th Operations Support Squadron, knocks out as many si-tups as possible during her time on the matt. Her effort helped place her team 'the wizards' in second place Saturday during the fitness challenge. The competition was comprised of Airmen from different Air Force specialities coming together to promote a common goal.

SPORTS SHORTS

Unless noted, all events, games or classes are held at the Wolf Pack Fitness Center. For more information, call the center at 782-4026.

Martial arts class schedule

- ♦ Hapkido – 8 a.m. and 6:30 p.m. Monday through Friday
- ♦ Tang soo do – 6:30 and 11 a.m. and 7 p.m. Monday through Friday and noon Saturday
- ♦ Tae kwon do – 11 a.m. and 8 p.m. Monday through Friday
- ♦ Kung fu – 8 p.m. Monday through Friday

Aerobics class schedule

- ♦ Spin class – 5:30 a.m. Tuesday to Friday and 6 p.m. Monday to Thursday
- ♦ Step class – 5:30 a.m. Monday and Wednesday and 5:30 p.m. Tuesday and Thursday

- ♦ Cardio circuit training – 5:30 p.m. Monday and Friday
- ♦ Pilates – 5:30 p.m. Wednesday and 10 a.m. Saturday

Intramural Softball

- ♦ Home run derby -3 p.m. Saturday.
- ♦ All star game - 5 p.m. Saturday.

Fitness center events

- ♦ Chief vs. Eagles softball tournament - 1 p.m. Saturday.
- ♦ 4x100 meter freestyle swim - 10 a.m. Aug 13.
- ♦ Six on six Soccer tournament - 10 a.m. Aug 13.
- ♦ Raquetball tournament - 9 a.m. Aug. 27 and 28.

STANDINGS

As of Aug. 3

INTRAMURAL SOFTBALL

AMERICAN LEAGUE	W	L
8th AMXS	8	1
Ammo	9	2
8th SFS A	7	3
8th MDG	5	5
Holloman	5	5
8th MSS/SVS/CPTS	4	5
Army	2	8
8th CES	7	2
8th LRS	1	9
Egress	1	9

NATIONAL LEAGUE	W	L
Fab Flight	9	1
Wizards	8	1
Armament	6	3
AGE	6	5
Avionics	6	4
8th MOS	6	4
Phase	1	9
8th SFS B	2	8
Comm	5	5
Medics B	0	9

UPCOMING EVENTS

♦ Camping and hiking trip

- An overnight camping and hiking trip to Wolchulsan camp grounds is scheduled for Aug. 20 to 21. The sign up deadline is Aug. 17 at 5 p.m. The fee is \$90. Bring won, a change of clothes, flashlight, snacks, water, sunblock and a musical instrument (if possible) for night entertainment. The first 20 people to sign up will go. Required equipment will be issued. Arrive at the front of the outdoor recreation center at 5:45 a.m. Aug. 20.

♦ Mountain biking trip - A

mountain biking trip to Seongju Mountain is scheduled for Aug. 27 at 7:45 a.m. The sign up deadline is Aug. 24 at 5 p.m. The trip cost \$40. Bring won for lunch, items you wish to buy and snacks. Bring plenty of water and appropriate sun block as well. The first 17 people to sign up will go. A safety briefing will be held at 7:45 a.m. in front of the outdoor recreation center.

♦ Water skiing trip - A wa-

ter ski trip to Sapgyo Lake is scheduled for Aug. 13 at 7:45 a.m. The sign up deadline is Aug. 10 at 5 p.m. The trip cost \$90 and that includes a boat to water ski three times around the lake and a short ski lesson for beginners. Transportation will depart the outdoor recreation center at 7 a.m. and return at 5 p.m. Bring won, a change of clothes, snacks, water and sun block.

PRO WRESTLING

Armed forces entertainment presents a professional wrestling tournament 7 p.m. Aug. 18 at the base football field. In case of rain, the match will be moved to the fitness center.



Photos by Senior Airman Joshua Garcia

Tech. Sgt. Richard Ortiz, 8th Communication Squadron assistant postmaster sorts through mail that's too big to fit into the mail boxes yet too small to be considered regular packages. No matter the size, Sgt. Ortiz says the mail will definitely reach the proper recipient.



Airman 1st Class Vernon Howard II, 8th Communication Squadron postal service clerk, works the front desk at the base post office. Airman Howard ensures packages are stamped and weighed properly before sending them to their destination.



Mail call !

Postal workers get messages out to Wolf Pack members



Mr. Kang, Yongo, 8th Communication Squadron postal clerk, puts out the first round of mail for the day. Once they finish delivering all the mail to the correct boxes, the postal clerks put up a sign to notify Wolf Pack members their mail is ready.



Mr. Ho, Chon Tong a civilian contractor at the Kunsan post office, sorts out mail sent to Kunsan with the wrong box number. After he finds all the mail with wrong box numbers, he has to locate the person and their correct box number to ensure the right person receives their mail.